



IBIZA YOGA AND SAILING RETREAT

9 - 16 May 2020



INTRODUCING

We have the pleasure to share with you this 7 days yoga and sailing retreat in Ibiza, a magical island surrounded by turquoise waters and idyllic secluded coves where sunsets last forever.

The purpose of this retreat is to take time for yourself and dive deep into yoga, focusing on a daily practice together with guided meditations and breathing exercises. You will enjoy a unique stay in a luxury villa with outside pool and sauna, eating delicious vegetarian meals and also discover the joy of sailing on a luxury 40 ft catamaran to the island of Formentera during one day. This retreat will also give you a lot of free time either to stay at the villa, near by the pool or enjoying some relaxing massages or either to join our activities, like hiking or kayak tour, and discover the amazing unspoiled nature of the island.



YOGA

During the retreat you will have the opportunity to practice yoga twice a day together with Ingrid. The morning sessions are based on a more energizing and dynamic practice of 90 minutes for a wonderful start of the day. Each session is an invitation to self-awareness and expansion of consciousness and includes sun salutations and Vinyasas.

Evening's yoga sessions are designed with a more restorative and calm approach to end and reflect on your day. This 75 minutes session may include pranayamas, Yin Yoga, Yoga Nidra and meditations.

The yoga and meditation classes are suitable for everyone, from beginners to intermediate yogis.





SAILING

During one day you will discover the joy of sailing on board a luxury catamaran and have an amazing time sailing along the coast of Ibiza, reaching the beautiful island of Formentera where you will discover stunning white sand beaches, secluded coves while being surrounded by turquoise waters and maybe get the chance to see dolphins! You will enjoy a lovely brunch on the boat while anchored in front of the most amazing beach Illetes and then have time to just relax, swim, snorkel or explore the island hiking. Later in the afternoon, we will start sailing and reach the beach called Cala Saona in the west side of Formentera and explore its numerous impressive caves along the coast.



FOOD

Our private chefs Romain and Natalia specialize in mediterranean cooking only using the freshest local ingredients to create deliciously colorful dishes that will truly awaken your senses. Their experience and vision of cooking will make each brunch and dinner a unique experience to share with the other guests and to resource your body and your mind.



PROGRAM

DAY 1: Arrival day

You will be picked up at the airport and be brought to the house. After showing you the whole house and your bedroom, we will meet all together with the other guests and crew member around some tapas and juices and provide you some information about the retreat, the island and answer any questions you would like to know. You will have time to relax at the house during the afternoon and enjoy your welcoming massage.

18:00 Welcoming circle and sweet yoga

20:00 Dinner

Day 2, 3, 5, 6

7:30 – 8:00 Light Breakfast: Coffee, Tea, Juices, Granola bowl, fruits.

8:30 – 10:00 Yoga class

11:00 Brunch

12:30 Free time

17:30 Yoga class

20:00 Dinner



Day 4

7:30 – 8:00 Light Breakfast: Coffee, Tea, Juices, Granola bowl, fruits.

9:00 Transfers to the catamaran

9:30 Start sailing

11:30 Anchoring in Formentera (Playa ses illetes) and brunch on-board

13:00 Free time to explore the island, swim, dive, paddle board, relax, etc.

15:00 Start sailing

16:00 Anchoring near Cala Saona – free time

19:00 Start sailing

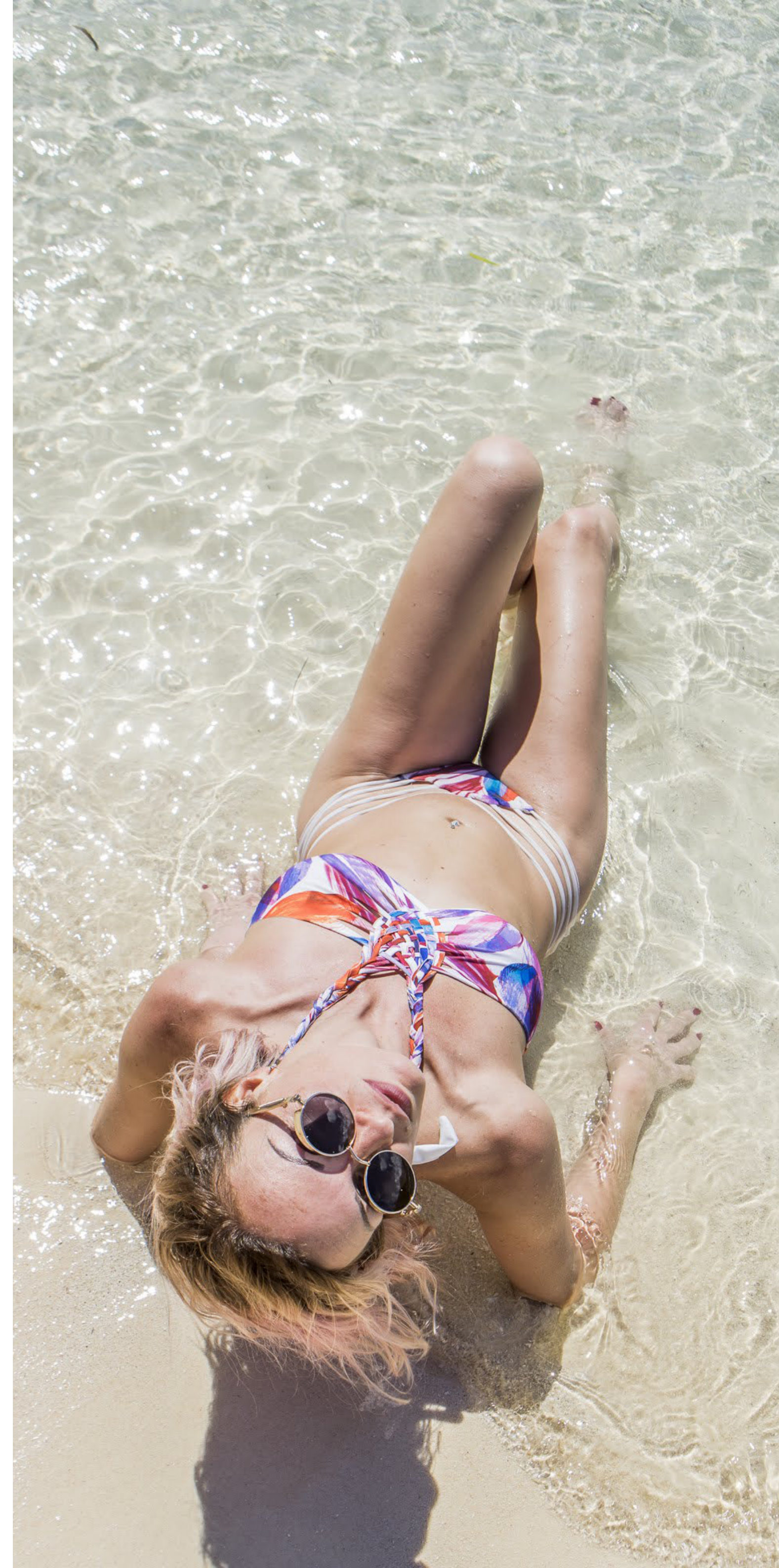
20:00 Anchoring in Ibiza – transfers to the house

20:30 Dinner

Day 7 Departure day

7:30 – 8:00 Light Breakfast: Coffee, Tea, Juices, Granola bowl, fruits.

10:00 Check-out and transfers to the airport





VILLA VENUS

Our beautiful villa is located in the southern side of the island, between Ibiza town and San Jose. The south-facing villa includes 7 double bedrooms split between 2 levels, accommodating up to 14 people.

The property consists of 4000 m² of land, including 2000 m² of landscaped garden with a mediterranean garden and a beautiful pool surrounded by palm trees.





VILLA VENUS

Villa Venus includes a vast living room with a fireplace, a dining room, a fully fitted kitchen and 7 double bedrooms, including 2 suites.

Outside, a large covered terrace with seating area and a dining terrace complement the house in summer. The large pool is surrounded by an exotic wood decking, and two lounge areas offer the perfect shelters to relax. The property is gated, with two large cars garage.



PRICES

Yoga retreat from 9th to 16th May:

Shared double bedroom:

1 person: 1100 Eur.

Private double bedroom:

1 person: 1600 Eur.

2 persons: 2600 Eur.

Suite:

1 person: 1800 Eur.

2 persons: 3200 Eur.





INCLUDED

7 NIGHTS IN VILLA VENUS, FOOD AND
NON-ALCOHOLIC DRINKS INCLUDED

TRANSFERS FROM AND TO THE AIRPORT

PROGRAM OF ACTIVITIES AND
COMPLETE ORGANISATION

YOGA CLASSES WITH YOUR YOGA
TEACHER INGRID

(YOGA MATS ARE INCLUDED BUT YOU
ARE FREE TO BRING YOUR OWN MAT IF
YOU PREFER)

45 MIN OF WELCOMING MASSAGE
(RELAXING-DEEP TISSUE)

NOT INCLUDED

ALL THAT IS NOT MENTIONED AS INCLUDED

AIR PLANES TICKET

TRAVEL INSURANCE

ALCOHOLIC DRINKS

SOUVENIR

TIPS

OTHER INFORMATION

DISCOUNT: COME WITH A FRIEND AND GET 10% OF DISCOUNT!

FOR ANY OTHER QUESTIONS CONTACT
ROMAIN: (+33) 6 30 04 29 53

